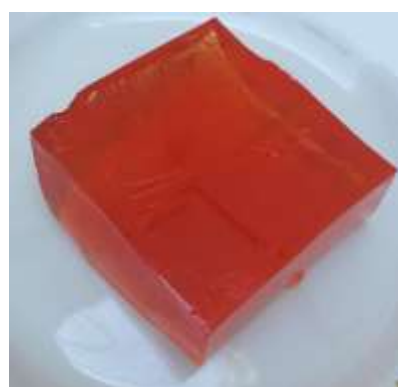


Jelly

Allergens - N/A

Ingredients

Quantity	Ingredient
300g	Jelly Crystals
1.5ltrs	Water



Method

1. Mix the jelly crystals with 230mls of boiling water ensuring that it is stirred well and all the crystals dissolve.
2. Add the jelly mixture to rest of the cold water, stirring all the time.
3. Pour it into a serving dish/sundae dishes and cool until room temperature is reached then cover with a lid or greaseproof paper and place in the refrigerator to chill ready for service.

Notes - If serving the jelly and fruit separately, prepare the fruit on the day of being served.

Jelly served alone should not exceed portion size indicated below.

Nutritional Content per 90g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 9.2	= 0.0	= 0.0	= 2.3	= 2.3	= 0.0	= 2.3

Portion size - Primary – 90g